

Integrative Health And Wellness Program

Weekly Group Schedule

**A CONSULT
FROM YOUR
PROVIDER
AND
PROGRAM
ORIENTATION IS
REQUIRED
PRIOR TO
PARTICIPATING IN
THESE SERVICES.**

**SPEAK TO YOUR
PROVIDER OR
VISIT OUR OFFICE
FOR DETAILS.**

The Integrative Health
and Wellness Program
is located in 1E-390

We can be reached at:

**(202) 745-8000
x53882**

Monday	Tuesday	Wednesday	Thursday	Friday
	Tailored Group Acupuncture 1 hour session		iRest Yoga Nidra 1 hour session	
	Wellness Massage 30 min session 2x/month maximum By Appointment Only	Whole Health 10 Week Group 1 hour session	iRest Yoga Nidra 1 hour session	
	Tailored Group Acupuncture (for Beginners) 1 hour session		Gentle Yoga 1 hour session	
	Meditation 1 hour session			
Gentle Yoga 1 hour session	Integrative Nutrition 8 Week Group 1.5 hour session	Tailored Group Acupuncture 1 hour session		
	Nutrition Workshops 1.5 hour session		Tailored Group Acupuncture 1 hour session	
	ACT Group 12 Week Group 1.5 hour session	T'ai Chi 1 hour session		
	Tailored Group Acupuncture 1 hour session		Qigong 1 hour session	

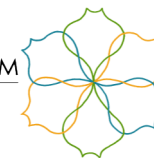


**VA
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Defining
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in the 21st Century

INTEGRATIVE HEALTH AND WELLNESS PROGRAM

BODY MIND SPIRIT FITNESS
WASHINGTON, DC VA MEDICAL CENTER



AS OF 8/13/2015